



"Gi'snutman Agnutmaqun"

May 2006

"Have You Heard The News"



Tribal Council

Tribal Council meetings are scheduled on the 1st (in Presque Isle) and 3rd (in Littleton) Wednesday of every month. Meetings begin at 6 p.m.

Please call to verify time and location.

FYI

Last month's issue of the newsletter unfortunately was unable to go out due to several uncontrollable difficulties.

We apologize for the inconvenience!



Tribal Clerk



Hunting/Fishing

When you call in to get your license please try to have your MOSES ID # available

FYI

Children ages 10–15 only need to have a hunting license. If they will be fishing there is no need for a license until they turn 16.

Upon turning 16 it is necessary to take a hunter safety course in order to receive a hunting license.

Congratulations to Krista Stevens on the birth of her daughter

Leah Catherine

March 4

9 lbs 2 oz

Congratulations to Shane & Danielle Brewer on the birth of their son

Shane Daniel

February 12

10 lbs 1 oz

Inside this issue:

Head Start	2
Social Services Child & Family	3
Cultural Program	4-5
Housing Realty/Assets	6
Community Health Behavioral Health	7
Contract Health	8
Clinic	9
Environmental	10
"Think Hearty..." John Ouellette	11
Youth & Elders Calendar	12-13
General Information	14

Education

The Education Department is working on three grants this month; one has already been written and submitted the other two are in the final stages of competition. The computer lab has added three new computers for every one to

use. We have also added new books and magazines to the library come on by and check them out. Council has raised a concern about the general education levels of Tribal members. All jobs have general education requirements; usually

the basic is a high school diploma or a GED. Often times the first hurdle that must be overcome is the education requirement. This is something that we can help with; contact the Education Department so that we can help.

Head Start

YOU ARE INVITED TO ATTEND



GRADUATION

WHEN: MAY 25

WHERE: SPRUCE HAVEN

TIME 6 P.M.

**THIS IS A VERY SPECIAL GRADUATION THIS YEAR
BECAUSE THIS IS THE **10 YEAR ANNIVERSARY** FOR THE HEAD START**



COME CELEBRATE WITH US !!

In other news, Little Feathers Head Start is now accepting applications for the 2006-07 school year. If your child will be three by October 15, 2006, please call Miss Robyn at 768-3218 to set up your appointment to enroll. We are a licensed facility serving 20 children. Preference is given to native children, and then others as outlined within our Enrollment Policy.

You must provide proof of income, proof of native status, your child's shot record, social security number, medical insurance number, copy of last physical, and hemoglobin test result, at time of enrollment.



We also ask that each child have a lead test.

Any questions please do not hesitate to call the staff at Little Feathers Head Start 768-3217 or 768-3218

Social Services

DISCOUNTED FUEL PROGRAM

The 40% discounted fuel program through CITGO will come to an end on May 12.

If you want to get your tank filled be sure to order before the end of the program!!

Any questions—contact Mary Dickenson or Sarah DeWitt

Child & Family Services *Reporting Child Abuse and Neglect to DHS*

Call Child and Family Services at the Tribal office #764-1972.

If you have made the decision to report the incident:

You can make the report directly to

DHS

OR

You can chose ***NOT*** to make the report directly and we will make the report to DHS for you.

If you chose to make the report directly:

You can make the report on your own

OR

You can come to the office and an ICWA coordinator can assist you in making the call to DHS.

When a person makes a report to DHS, they may request their name be maintained confidential at that time.

“ICWA coordinators will support any of your decisions in this process!”

There are three types of reporting when calling DHS:

Anonymous reporter

Can give your name and ask to remain anonymous

Can give your name and permission for your name to be released.

****However, in the event that DHS needs the witness to testify in court for the removal of a child, the person may be subpoenaed to court. This action occurs rarely, but is extremely necessary for the protection of the child. ****

Information to gather before you make the call to DHS:

Name, address, and phone # of the abuser

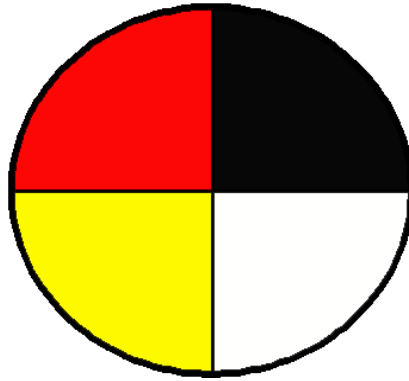
Name, address, phone #, and ages of children in the home

Parent's name, address, and phone #
Specifics of abuse witnessed: date, time, place, and other witnesses

The Medicine Wheel concept of interpreting the life cycle and spiritual teachings, as revealed by the Native American Indians, has opened the eyes of many who have been searching for a better understanding of themselves in the great mosaic of life upon mother earth, and within our universe. Various Native American tribes and aboriginal groups have practiced this holistic "way of life" for thousands of years. Although the values remain the same in its holistic interpretation, the only variance to be found is clearly identified by the geographical location of the interpreter.

Man has always been bothered by questions like, "Who am I?" or "Where do I come from?" These questions pose a challenge to every living individual that is born into this world. The very moment our life begins to tick, we also begin to think, and it is this inquisitive nature that drives the hunger within us; on an endless journey to quench our thirst for knowledge. Hence, the search begins, to explore our environment and how we fit in it.

This drive to seek out what life has to offer, applies to all living creatures of the world. From the tiniest microscopic organisms to the largest living creatures known to man. So now, we are brought back to the first question, "Who am I?" The answer comes into light when we realize just how much movement we have as existing living organisms, and what keeps us alive. Every living creature with the ability to move will venture beyond their starting point to try and under



stand how they relate to their environment

Let us begin our journey by going all the way back to the beginning of creation. This might open up more questions than we anticipated, because we all know that no one knows exactly when that was. But for all intensive purposes we must have a starting point. Already you can see that we are attempting to calculate time in an unknown area, assuming that we are going to start at the number zero, or somewhere between before and after. So in order to give some reference point as to what direction we are going with all of this, we are forced to surmise by saying, "in the beginning of time", whenever that was.

This then opens the door to the other famous question, "Where do I come from?" Now we've ignited the flame in our inquisitive minds to try and identify all that our senses can detect directly ahead or, within our environment.

Once we realize the difference between what is substantial, and what is insubstantial, we are enlightened with the thought that there is more to this world than just what meets the eye, especially in the physical plane. Here we are in the conscious state of mind where we see every-

thing as is in the physical state. The physical state is a place where our environment affects us directly as we interact with every other living organism within our range. We do this through what we see, what we hear, what we smell, taste, and feel.

The movement we make in any direction activates all or any one of these senses. So, to exist, we must be an entity. To be an entity we must be able to reflect or cast a shadow. This entire analogy means that we must have come from somewhere, and that we must have the ability to move or grow. In order to move and grow all living organisms that have matter and mass and have to be substantial, and contain the building blocks of life known as DNA. Without DNA it would not be possible to sustain life. The thought of life in any form generates some sense of activity, internally or externally, and no doubt rely on some vital source of energy to survive. This is where the possibilities of intellectual design play an important role in our understanding of how life began.

Therefore we can conclude that the beginning of all existence in our universe began with the big bang, and that the big bang had divine intervention. This means that the divine intervention has to have the power to initiate the big bang.

So what initiated it you ask? It is the spiritual power of the initiate, projected through thought. All living creatures, of earth especially, believe in the higher power referred to as our creator, or god; the unseen force that is in everything around us.

Let us bring our attention to where

Cultural Program cont.

we are and our mother earth. The unseen force, often referred to as the almighty power, is very organized and is governed by its own unique set of laws. One, the physical laws of nature which are fixed and set by it's own chemistry, and the other, our understanding of spiritual laws which links us all to the divine intervention and the beginning of time itself. The spiritual and the physical intertwine with everything that has been created in this universe. So everything we experience, and all our actions, cast a shadow. This shadow is our spirit and reflects us into the spirit world. The great creator has a very powerful influence in his entire

domain but allows mankind to act on its own free will, allowing us to make decisions based on our knowledge of what is right or wrong as we go through our life here on mother earth. These decisions are stored in our spiritual memories until it is time for us to enter into the spirit world, at which time all will be revealed for judgment by the spiritual council and the great creator.

Morals and teachings of our spiritual values were handed down through divine intervention, and became the basis of our laws here in the physical existence. All that is "good" gives towards life, or helps encourage positive life ways, such as

good health, caring, love and genuine happiness. All that is "evil" does the opposite, meaning that it is negative and takes away from the good life ways of mankind causing sickness, misery, death, and destruction, hence, leaving a trail of sorrow in its wake. So it is these positive and negative energies, which are part of our every day living experience that we have to learn and balance to achieve our goals towards mental, physical, emotional, and ultimately spiritual harmony.

The Creation Story

In the beginning of time, when the great creator initiated his thought of his master plan, there was an almighty explosion that sent vibrations riveting through space and time. The creators' thoughts were of life within a very special universe, a universe that is designed to reflect all his imagination in both the physical and the spiritual realm. A universe that communicates within itself, and also its spiritual reflection into the spirit world.

But first he had to understand what this big bang was, and where it came from.



So he ordered the stars to shine bright in the darkness to reveal all that is in the heavens, and in doing so the vibrations of this sound reverberated from the beginning of his thought. He found that the vibrations came in groups of four waves. Then a spirit spoke from within the sound.

"I am the noise you hear, I am the explosion, and I was born as a result of your great thought, therefore I will be the link between the spiritual and the physical, and I will be the resounding rhythm and flow of every life form that you create.

I am the spirit of the Drum!
and I want to carry every noise and expression that happens within your great creation. Because I was born in thought I will record everything into memory, so that all that lives in the physical and spiritual plane can be remembered."

.....to be continued.

Housing

The Aroostook Band of Micmacs Housing Department would like to inform tribal members that we are taking written inquiries for those people who may be interested in renting houses at the tribes' Connor Plantation Units. If all goes well with the proposed renovations this summer, it is anticipated that occupancy could take place sometime this fall, so if interested, get your name on the Connor waiting list!

Spring Safety Tip: With Spring fast approaching, we would like to remind everyone to get your belongings up off the basement floors, because of the recurrent water seepage from the frost leaving the ground. When the Air-Force built the Bon-Aire houses, it was on a temporary basis, and they cut corners when it came to the design. You can save a lot of damage and mold & mildew problems, if you simply elevate your belongings above the floor. Also, please be careful when maneuvering your vehicles around tribal property, as the ground is really soft right now and is easily rutted. Thanks, and have a safe Spring!



Realty & Assets

Springtime has arrived! The ground is soft, especially during rain events, so please keep vehicles on hard surfaces. A little caution now can prevent a lot of work later. Please use caution when deriving on roads where staff is working.

Realty is contracting with a street sweeper to clean up all the gravel and sand that was deposited on the roads and parking lots. Please excuse our dust as we clean things up. We ask for your cooperation by moving vehicles off the roads as the sweeper cleans in your area. Also, please keep the sidewalks clear of parked vehicles at all times for pedestrian use.



When the sweeper is done, staff will install everyone's favorite, the speed bumps. I know that everyone looks forward to them!

Contact us if you have questions.

Gary 227-1289

Charlie 227-6128

Darrell 227-8363

Community Health

Safety Tips for Spring Cleaning

Spring is a time to clean out areas that normally may not get a lot of attention through the year. You may find yourself bending, reaching, carrying, climbing and using cleaning solutions.

Here are some helpful tips;

- Avoid climbing and reaching high shelves.
- Use a stable stool with hand rails.

Wipe up spills immediately.

How serious are fall problems?

Leading cause of death >65!
1 in every 3 adults > 65!

9,600 deaths annually >65!

Top 4 most toxic cleaners!

Oven Cleaner
Toilet Bowl Cleaner
Spot Remover
Furniture Polish

When uncertain about a product ask questions. **Never store cleaning fluids** within reach of children.

Never mix Ammonia and Chlorine, inhaling fumes can;

- irritate eyes
- nasal passages
- throat and lungs

- cause dizziness and death

Open a window or turn on an exhaust fan to circulate air

Alternative solutions non toxic cleaners;

baking soda
washing soda
white vinegar and lemon juice

Always keep emergency numbers handy to include: Poison Control; 1-800-222-1222

For more information please call Eldon Espling, Community Injury Prevention at: 1 (207) 764-7219 or 1-800-750-1972.

Behavioral Health

May is Mental Health Awareness Month

Mental Health Month occurs each year in May and is designed to increase awareness about mental illness. For more than 50 years, Mental Health Awareness Month has helped improve the health and lives of millions of Americans. This year, we want our community to know that caring for their minds as well as their bodies helps keep them productive, healthy and happy in all aspects of life: at work, at home and at school. There is a social stigma associated with mental illness, and this stigma prevents the majority of people with mental illness from seeking help.

During the month of May there are several topics to reflect on mental health issues, they are as follows:

Older Americans Mental
Health Month

Anxiety Disorders Screening
Day, May 3, 2006

Childhood Depression Awareness Day, May 4, 2006

Children's Mental Health Week, May 7-13, 2006

National Mental Health Counseling Week, May 7-13, 2006

All mental illnesses, including depression, need to be looked at like any other illness. And if you had any other illness you would not hesitate to get treatment. So please get treatment if you believe that you may have mental illness. Depression and anxiety disorders are the most common mental illnesses, but both are treatable. As parents we have to recognize that depression and other mental illnesses are just as real in children and teens as they are in adults. Few parents are aware of the signs of depression among youth; children with depression may complain of frequent headaches or stomachaches, become irritable or act out. For older adults, depression

and hopelessness are not a normal part of growing older. By caring for your mental health and getting help when you need it, you can grow and enjoy life at any age, Therefore, as follows:

1. Mind your health, Caring for your mental health is key to your overall health
2. Caring for your mind as well as your body will keep you healthier, happier and more productive
3. Mental illnesses are real, common and treatable
4. Tapping into your faith or spirituality can help keep you strong, focused and connected to a healing force

Mental health is crucial to a child's development and overall health

SEEKING HELP WHEN YOU
NEED IT IS NOT A
SIGN OF WEAKNESS,
IT IS A SIGN OF STRENGTH

Contract Health

Medicare Part D Overview

What is it?

It is prescription coverage made available to all clients that are currently enrolled in Medicare A and/or B, regardless of age.

What if I have Medicare A/B and MaineCare (Medicaid)?

MaineCare will NO LONGER be covering your prescriptions; however, MaineCare will still continue to assist with your medical copays, deductibles, etc.

You will automatically be enrolled in a Part D prescription plan at no cost to you except co pays. Please note: The plan you're auto-



matically enrolled in does not always cover all of your medications. CHS or a CHR can assist you in validating your Medicare Part D plan is the right one for you.

What if I only have Medicare Part A or B with no other prescription coverage?

Clients will be contacted by a member of CHS or a CHR to assist you with the enrollment process. If you should have a monthly premium, CHS will pay for that fee. You will need to provide CHS with a monthly statement or payment booklet.

What if I get my medications through Pequot Pharmaceutical Mail Order?

Clients using Pequot Pharmaceutical Network will now need to have their prescriptions filled locally or through the Medicare Part D mail order plan.

What if I just have MaineCare (Medicaid)?

You do not have to do anything. You will continue with the same benefits.

What is the clients role in this?

Make sure the pharmacy is aware of your new prescription drug plan by providing them with:

Your identification/
enrollment card,
or

A letter from the company

Contact Mary Bishop or a member of Contract Health Services to get your co pays authorized or the pharmacy will not release the medications without payment. If you should have to pay for co pays after hours, keep your receipts and submit them for a refund.

Clinic

IHS EHR

Indian Health Service • Electronic Health Record

WHAT IS MY ELECTRONIC
RECORD AND WHY ARE THERE
COMPUTERS IN THE EXAM
ROOMS?



The Micmac Family Clinic is proud to be the first small tribal facility in Indian Health throughout the country to move toward the use of a more efficient and comprehensive medical record.

Right now all of your medical information is securely stored in a big, fat folder called a Medical Chart.

All of these charts take up a lot of space in the Medical Records departments at our clinics. As they get larger, they become cumbersome to handle and the information in them is sometimes hard to find and read.



Every time you come into the Micmac Family Clinic, a handwritten note is made about the services you receive. This piece of paper is put into your Medical Chart so that we will have a record of your concerns and the treatment you received.

Much of the information about your visits, lab tests and other information has also been stored in an electronic computerized form in a system we call RPMS. We are now expanding the capability of that RPMS system to handle all of your medical information. This will eventually

mean that we no longer have to keep handwritten information in a big Medical Chart.

When you meet with your medical provider or counselor or our clinic staff, you may see them typing away on small computers.



Information about your visit to the clinic is then immediately in your record and available for other service providers to refer to.

“Ok, so what if your big computer crashes?”

Our expanded system is backed up daily and always has a second buddy system recording the very same information in case something goes wrong with the main system. That way your health information is always secure and available.

“Who can see what’s in my record?”

Only authorized Micmac Family Clinic providers and staff will be able to access your Electronic Health Record using double password protection.



“What if I usually go to another Clinic?”

That’s not a problem. Since all of your information will be stored electronically, any of our providers at either clinic will be able to

immediately see the same information. This also saves us from having to transport the old Medical Chart from the Presque Isle clinic to the Littleton clinic.

“When is all of this going to start happening?”

Some of our healthcare providers will begin using the new Electronic Health Record late fall 2005. You may notice that your visits to the clinics may be a bit slower at first while we all get used to the new system. Gradually, we will get the hang of it and will be able to serve you and your family much more quickly and accurately.

We know you have a choice of many health care providers. We appreciate your confidence in our superb staff, striving to provide the best healthcare in Micmac Indian Country.



Bon Aire

(and other pre-1987 homes)

What happened?

The Presque Isle Water District, which is responsible for providing water to the Bon Aire homes (and others in Presque Isle), recently announced that they have found elevated levels of lead in drinking water samples. They have not tested any homes in the Bon Aire area.

What does this mean?

The lead does NOT come directly from the water but comes from the pipes and solder through which the water flows. Since the Bon Aire homes were constructed prior to 1987 (when lead pipes and solder were banned), there is a potential for elevated lead concentrations in the water. A recent change in the city water supply from the Presque Isle Stream to a drilled drinking water well is believed to be responsible for the elevated lead levels.

Who does this affect?

Lead primarily affects children under seven years of age and women of child-bearing age. Older children and males do not face the same health-risks.

How can I reduce health risks to my family?

Lead accumulates in water that has been in contact with the pipes for long periods (several hours or more). Using cold water for drinking and cooking, and flushing water from the pipes before use will nearly eliminate the lead from the water (flush water from the pipes by allowing the water to flow from the faucet until it turns cold).

What is the Micmac Environmental Department doing about this issue?

Each year, the Micmac Environmental Department tests the water at the Little Feathers Head Start to ensure that it is safe for the children. We test the water using a worst-case scenario, where we allow the water to sit in the pipes overnight. To date, we have not detected lead concentrations in excess of the drinking water standard for lead. We are also currently considering additional drinking water testing in the Bon Aire Area.

If you have any questions or comments concerning your drinking water, please contact us at 764-7219 or (800) 750-1972.



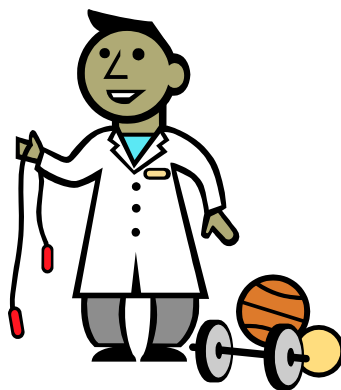
“Think Healthy Heart” Footwear Initiative: by John R. Ouellette

For one time only (while supplies last),* the Micmac Health Department in its “strides” to keep “**Micmacs in Motion**” is providing athletic shoes to eligible tribal members** who enroll, or are already enrolled, in one of its authorized Micmac Fitness Programs.

The “Think Healthy Heart” footwear initiative is aimed at promoting physical wellness for individuals who are **tribal elders** and whom present a potential for, or with, foot problems, or for individuals who are at high risk for cardiovascular disease or high risk for diabetes (see qualifications listed below for further eligibility requirements), and who enroll, or are already enrolled, in a Micmac Fitness Program.

To qualify, this is what needs to happen:

First Step: Client must utilize the **Micmac Family Clinic** as their **Primary Health Care Provider**. The health care provider will indicate, according to diagnosis, if the client medically qualifies for a “fitness prescription.” The client will then be instructed to bring the prescription to the **Micmac Fitness Specialist**. (Murle Masters).



Second Step: After reviewing the fitness prescription, Murle will assist the client in completing a Fitness Form that will help determine a recommended, authorized Micmac Fitness Program physical activity. **The commitment for physical activity is: four days a week, (30 minutes) each activity, for a period of 12 weeks.**

Third Step: Client takes the Completed Fitness Form to a Contract Health Services (CHS) Program representative. Contract Health issues the vouchers for the recommended athletic footwear.

*Issuance of individual athletic footwear is based on the one-time-only, while-supplies-last principle.



****Not Eligible:** Diabetics: due to their being eligible for the other Micmac Health Department “Diabetes Footwear” program(s).

For further details surrounding this initiative, you may contact
Murle Masters,
Fitness Specialist, or
Jerolyn Ireland, Community
Health Director at 764-6968.



NEW WINTER ACTIVITY HOURS 4PM-6PM

*These hours will remain
until school is out for the
summer.*

If you need a ride
Please call P.I. 769-2114
By 2:30 or Littleton office
538-4305

Music Project with Steve Dow
Ages 11-17 in P.I. area every
Saturday 4 pm—6 pm
In Littleton every Sunday
4 pm-6 pm

Call Steve for details

Presque Isle
Nick and Steve both areas
for all ages Fishing
12:00-3:00 PM

Sign up at the youth building

Call Nick for Details

(H) Houtlon area
(PI) Presque Isle area

May 2006

S U N M O N T U E W E D T H U F R I S A T

1

Ages 5-7 (PI)

4 PM-6 PM

Houlton Karate

All ages

2

Ages 8-10 (P.I.)

4 PM-6 PM

3

PI Karate

4

Ages 11-17 (PI)

4 PM-6 PM

5

Ages 5-10(H)

4 PM—6 PM

6

7

8

Ages 5-7 (PI)

4 PM-6 PM

Houlton Karate

9

Ages 8-10 (P.I.)

4 PM-6 PM

Murle fitness

10

PI Karate

11

Ages 11-17 (PI)

4 PM-6 PM

Ages 11-17 (H)

12

Ages 5-10(H)

4 PM—6 PM

13

14

15

Ages 5-7 (PI)

4 PM-6 PM

16

Ages 8-10 (P.I.)

4 PM-6 PM

Ages 11-17(PI)

17

Ages 11-17 (P.I.)

(Golfing) Group -B

4 PM- 6 PM

18

Ages 11-17 (H)

(Golfing)

4 PM- 6 PM

19

Ages 5-10(H)

4 PM—6 PM

20

21

22

Ages 5-7 (PI)

4 PM-6 PM

23

Ages 8-10 (P.I.)

4 PM-6 PM

Ages 11-17(PI)

24

Ages 11-17 (P.I.)

(Golfing)Group -B

4 PM- 6 PM

25

Ages 11-17 (H)

(Golfing)

4 PM- 6 PM

26

Ages 5-10(H)

4 PM—6 PM

27

28

29

Memorial Day

Office Closed

30

Ages 8-10 (P.I.)

4 PM-6 PM

Ages 11-17(PI)

31

Ages 11-17 (P.I.)

(Golfing)Group -B

4 PM- 6 PM

May 2006

Elders Calendar

Happy Birthday
Elders

George Labrador	1
Barbara Hunt	9
Paul Francis	11
Dana Pictou	15
Caroline Francis	15
Barbara Cielinski	17
Gordon Miller	19
Kirk Small	20
Margaret Johnson	22
Francis Pictou	23
Victoria Higgins	24
Mary Archer	29
Lorraine Nadeau	29

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Cold Cuts	3	4	5	6
7	8	9 Lasagna Green Salad Garlic Bread	10	11	12	13
14	15	16 Shepard's Pie Rolls	17	18	19	20
21	22	23 Boiled Dinner Rolls	24	25	26	27
28	29	30 Chop Suey Green Salad Rolls	31			

Because we missed last month's
birthdays we are just going to say:

Happy Birthday
to you
April & May



F
O
R

Y
O
U
R

I
N
F
O

EBay consignment

Do you have something to sell?

Don't have the time or know how?

Do you have overstock taking up valuable space
Surplus items you'd like to liquidate?

WE CAN HELP

Check your attic, basement, and all your closets.

Turn all those unused, unwanted items into CA\$H!!

We help sell everything from boats, sleds, tools, machines,
vintage items, collectibles, media, memorabilia, textbooks,
jewelry, electronics, and more!



We offer:

FULL MARKET RESEARCH

LET US SELL FOR YOU THE EASY WAY

PROFESSIONAL, ATTRACTIVE ADS

ON eBay!!

TOP QUALITY DIGITAL PHOTOS

HILLCO



ONLINE

FREE PICK-UP SERVICE

CONVENIENT DROP OFF LOCATION

& DROP OFF AVAILABLE

COMPLETE PACKING & SHIPPING INCLUDED

389 MAIN ST
PRESQUE ISLE
OR CALL US AT 551-7566

Aroostook Band of Micmacs
7 Northern Rd
Presque Isle ME 04769
Phone: 207-764-1972
Fax: 207-764-7667



We're on the Web!
www.micmac-nsn.gov

**If you would like to submit an article or
tidbit for the newsletter
please contact Julia Miller, Tribal Clerk
by phone, mail or e-mail
jmiller@micmac-nsn.gov
Submissions are due by
the 15th of every month!**
